

HUMAN GROWTH AND DEVELOPMENT

Chart

<u>Stages of Childbirth</u>	
<u>Stage</u>	<u>Phase</u>
Labor	<ol style="list-style-type: none">1. <u>Early or latent labor.</u><ul style="list-style-type: none">• Longest and easiest phase can last days without notice, or can be 6-24 hours of mild contractions.• Cervix opens to 3 centimeters.• Contractions from 5-20 minutes apart.• Contractions last 30 to 45 seconds.• Contractions are mild to moderate.2. <u>Active Labor</u><ul style="list-style-type: none">• Lasts 2 to 3 1/2 hours• Cervix opens to 7 centimeters• Contractions from 3 to 4 minutes apart• Contractions are stronger for a longer period of time3. <u>Transitional Labor</u><ul style="list-style-type: none">• Most exhausting phase• Contractions from 2 to 3 minutes apart• Contractions are 60 to 90 seconds long and very intense• Takes 15 minutes to 1 hour to finish dilation to 10 centimeters
Pushing and Delivery	<ul style="list-style-type: none">• Can be as short as 10 minutes or as long as 2, 3 or more hours• Contractions regular and 60 to 90 seconds long• Get urge to push
Delivery of Placenta	<ul style="list-style-type: none">• Lasts 5 minutes to 1/2 hour• Mild contractions lasting one minute• Placenta expelled• Repairs of episiotomy or tears

HUMAN GROWTH AND DEVELOPMENT

Bonding

Handout

The definition of *bonding* is the forming of close specialized human relationships such as those that link parent and child, husband and wife, or friend and friend.

Bonding begins between the mother and baby during pregnancy because the mother is the source of food, protection, warmth, stimulation, and affection. Bonding is a relationship that continues with the baby's birth as the parents and baby exchange messages with all of their senses: the meeting of their eyes, skin-to-skin contact, body warmth and movements, smell, and sound. The first minutes and hours of an infant's life being spent with the parents may be critical in initiating the nurturing responses that continue throughout the parent-child relationship.

Activities that promote bonding are as follows:

- Healthy, positive pregnancy
- Birth without anesthesia
- Father actively involved in the birth
- Breast feeding
- Rooming-in
- Sensory message exchanges such as stroking, touching, eye contact, smell, sound, and skin contact

HUMAN GROWTH AND DEVELOPMENT

Bonding

Handout

Help Develop a Good Self-Concept Through Early Bonding Techniques

1. Smile often at your baby.
2. Imitate your baby's facial expressions and attempts at language.
3. Touch, hold, and rock your baby often.
4. Hold your baby during feeding.
5. Answer your baby's cry quickly; respond to his or her needs.
6. Talk to your baby in soothing, pleasant tones.
7. Use music to relax your baby.
8. Include your baby in everyday family activities.
9. Allow for a flexible routine so that your baby will develop a feeling of security.
10. Make routine experiences such as diapering, bathing, and feeding pleasant experiences for your baby.
11. Make an attempt to use positive language with your child.
12. Remember that answering a child's cry promptly will not spoil your child but will instead develop a feeling of security for the child. If an infant's needs are not met over a period of time, the infant will stop crying because he or she has given up hope in the parent.

HUMAN GROWTH AND DEVELOPMENT

Bonding

Assignment

Teacher Notes

1. Divide the class into two groups. Instruct one group to talk to the other group when a signal is given to start. Members of this first group should smile and try to carry on a pleasant conversation. The second group is instructed to talk first but never to smile or gesture. Let the students talk to each other for five minutes.
2. Have the entire class discuss how each group felt in the situation. How is this situation similar to parent-child bonding?
3. Have the students discuss what family members can do to encourage bonding within their own families.

HUMAN GROWTH AND DEVELOPMENT

Handout

Bonding Word Search

Choose from these words:

Caress	Hold hands	Love	Pat	Rub noses	Talk
Cuddle	Hold	Make faces	Respond	Smile	Touch
Embrace	Hug	Massage	Rock	Snuggle	Warmth
Gentle	Kiss	Nuzzle	Rub	Squeeze	

M	H	R	N	E	T	O	O	T	R	L	K	C	B	R	R	E	H	T
L	N	U	I	U	C	S	T	E	M	B	R	A	C	E	L	R	O	S
W	W	B	G	L	D	M	E	G	T	L	G	A	U	S	H	H	L	U
S	A	R	T	H	K	I	S	S	K	H	O	L	D	H	A	N	D	S
L	N	R	I	P	S	L	F	M	Y	E	S	O	D	Y	N	U	N	Y
R	O	C	M	A	K	E	F	A	C	E	S	E	L	I	S	N	E	A
E	I	Y	B	T	O	E	B	Y	I	E	N	H	E	S	W	M	F	L
S	S	Z	E	M	H	W	C	T	D	I	U	P	N	L	E	R	E	N
P	Q	D	Y	O	W	M	A	S	S	A	G	E	W	N	R	I	L	D
O	R	U	H	N	N	R	R	M	A	E	G	S	N	T	T	O	N	O
N	I	D	E	S	U	T	E	O	T	A	L	K	C	J	V	R	C	R
D	L	S	T	E	Z	S	S	D	O	L	E	R	N	E	D	T	A	K
Y	G	D	T	Y	Z	T	S	A	U	O	O	M	W	W	N	Y	Z	I
H	G	E	N	T	L	E	H	E	C	D	R	U	B	N	O	S	E	S
W	C	D	O	I	E	C	E	T	H	O	I	S	E	P	F	W	M	R

HUMAN GROWTH AND DEVELOPMENT

Answers

Bonding Word Search

Choose from these words:

Caress	Hold hands	Love	Pat	Rub noses	Talk
Cuddle	Hold	Make faces	Respond	Smile	Touch
Embrace	Hug	Massage	Rock	Snuggle	Warmth
Gentle	Kiss	Nuzzle	Rub	Squeeze	

M	H	R	N	E	T	O	O	T	R	L	K	C	B	R	R	E	H	T
L	N	U	I	U	C	S	T	E	M	B	R	A	C	E	L	R	O	S
W	W	B	G	L	D	M	E	G	T	L	G	A	U	S	H	H	L	U
S	A	R	T	H	K	I	S	S	K	H	O	L	D	H	A	N	D	S
L	N	R	I	P	S	L	F	M	Y	E	S	O	D	Y	N	U	N	Y
R	O	C	M	A	K	E	F	A	C	E	S	E	L	I	S	N	E	A
E	I	Y	B	T	O	E	B	Y	I	E	N	H	E	S	W	M	F	L
S	S	Z	E	M	H	W	C	T	D	I	U	P	N	L	E	R	E	N
P	Q	D	Y	O	W	M	A	S	S	A	G	E	W	N	R	I	L	D
O	R	U	H	N	N	R	R	M	A	E	G	S	N	T	T	O	N	O
N	I	D	E	S	U	T	E	O	T	A	L	K	C	J	V	R	C	R
D	L	S	T	E	Z	S	S	D	O	L	E	R	N	E	D	T	A	K
Y	G	D	T	Y	Z	T	S	A	U	O	O	M	W	W	N	Y	Z	I
H	G	E	N	T	L	E	H	E	C	D	R	U	B	N	O	S	E	S
W	C	D	O	I	E	C	E	T	H	O	I	S	E	P	F	W	M	R

HUMAN GROWTH AND DEVELOPMENT

Birth

HANDLING YOUR BABY

Teacher Note

This skill is to be presented as a demonstration. The teacher should cover the points presented below and demonstrate techniques whenever possible.

Suggested Materials:

A baby - or a realistic doll

Points to Cover:

(Have the students participate by practicing the techniques being taught)

1. Holding your baby is one of the most important fathering skills there is. It makes a "bond" between you and your child. Many hospitals encourage fathers to hold their babies almost as soon as they're born. It is important for the baby to be physically close to you as soon as possible. He needs to be held gently and lovingly. It makes him feel safe and secure in this strange new world. It is also important to you to hold your baby. The first time you hold him you understand a lot of things. He is part of you. He is totally helpless. He needs you. All these feelings will help to make you a good parent.
2. Some fathers are afraid to hold their newborn babies, because the babies are so little. If you handle your baby gently and firmly, you won't hurt him.
3. A baby can feel a lot of things by the way you hold him. He can "feel" it if you're uptight or angry. This makes him very fussy. Relax when you hold your baby. Enjoy it.
4. The "soft spot" on top of your baby's head is where the skull bones have not yet grown together. There is a reason for this. It allows the head to change a little in size and shape during birth. This can stop the baby and the mother from being injured while the baby is being born. A tough, soft covering over this opening protects the brain until the bones grow together. It won't hurt your baby if you touch his head gently when bathing or dressing him or holding him.

Handling Your Baby (Continued)

5. Babies can be frightened by sudden movements. Handle him slowly and gently when picking him up or putting him to bed. Talk softly to him.
6. Your newborn baby cannot hold up his head at first. He is "floppy" and needs a lot of support. Hold his back and head whenever you are handling him.
7. Hold your baby gently but firmly. He likes to feel secure. He likes to feel that you aren't going to drop him.
8. Your baby must be burped each time he eats. He swallows air when he drinks his bottle. If he doesn't "burp" up this air, it gives him stomach pains. To burp your baby, put him up to your shoulder so his head can rest on you. Rub or pat his back gently. Some people "pound" on baby's back as if it's a drum. That's not necessary. Gently rubbing will bring up a burp just as well. Or, you can sit the baby on your lap with him leaning forward over your hand and rub his back.
9. After eating, your baby is likely to fall asleep. Sometimes he sleeps while eating. When he is finished eating, burp him and lay him down. Put him on his stomach to sleep with his head turned to one side. This way, if he should spit up in his sleep, it can run out of his mouth and won't choke him.
10. Holding and rocking your baby is a time to relax and enjoy him. You get to know each other during this time. This is important.

HUMAN GROWTH AND DEVELOPMENT

Birth

BOTTLE-FEEDING

Teacher Note

This skill is to be presented as a demonstration. The teacher should cover the points presented below and demonstrate the materials and methods whenever possible.

Suggested Materials:

- Baby bottles with nipples and caps
- Can of liquid or powder formula
- Punch can opener
- Bottle and nipple brushes
- Jar with lid for storing nipples
- Tongs

Points to cover:

1. Breast-feeding is an excellent way for your baby to be fed. In some ways, it is easier than bottle-feeding, and it is very healthy for the baby. The baby's mother must decide whether to breast-feed or bottle-feed the baby. Encourage her to talk to her doctor about both methods before the baby is born, so she can decide what she wants to do. If she decides to breast-feed the baby, she has most of the responsibility. If she decides to bottle-feed the baby, you can share in the responsibility of preparing the bottles and feeding the baby.
2. Newborn babies eat about 6 times a day - usually about 2 ounces at a feeding. They may eat a little more or less at some feedings. Some babies eat more than others. As they grow, they eat more, but not so often.
3. Always hold your baby when feeding him. Don not "prop: "the bottle for a baby. (Leader explains "prop") This can cause him to choke and is dangerous.
4. Hold the bottle so that the nipple is always filled with milk and not air. If the baby sucks in air, he will have stomach pains.

5. If the baby does not finish a bottle at one feeding, do not save it for the next feeding. Give him a fresh bottle at each feeding. Germs grow rapidly in milk and can make a baby sick.

Bottle Feeding (Continued)

6. There are several ways to make a formula. Your doctor will tell you what kind of formula to get before the baby comes home the hospital.
7. Some formulas are "concentrated." This means that you must add a certain amount of water to it. Always follow the doctor's instructions exactly.
8. Some formulas can be used right from the can and are "ready-to-feed."

Preparing the Formula

1. There are several ways to prepare the formula. The nurse in the hospital will explain how to make the formula. If you have any questions, ask. If you have any questions after your baby leaves the hospital, call your doctor.
2. Always wash off tops of the formula cans before opening them. Store opened cans in the refrigerator covered with aluminum foil.
3. If your baby is on a "ready-to-feed" (do not need anything mixed with it) formula: Wash bottles, nipples and caps in warm, soapy water. Rinse thoroughly. Put bottles, nipples and caps in a pan, cover with clean water, bring water to a boil, boil for 5 minutes.

Use tongs to remove bottles and nipples from the pan. Store bottles with nipples and caps on them.

When you need a bottle, pour the "ready-to-feed" formula right from the can into a clean bottle.

4. If you are using a "concentrated" formula (needs water added), you can wash and boil the bottles and nipples the same way. However, the water that you add to the formula should also be boiled or sterilized for 5 minutes. You can boil a quart of water at a time and keep it in a sterilized quart bottle. (To "sterilize" any bottles, jars, etc., wash them in warm, soapy water, rinse well, cover them with water in a pan, bring the water to a boil and boil for 5 minutes.)
5. There are other ways to make a formula. One way is to wash and rinse the bottles and nipples, pour in the right amount of formula (and water if using a

concentrated formula), put on the nipples and caps, put everything in a large pot with about 3" of water in it. Bring the water to a boil. Cover the pot, lower the heat and let boil for 25 minutes. Let the bottles cool and then refrigerate.

Bottle Feeding (Continue)

It is important to keep the bottles and nipples clean and the formula or milk refrigerated. Your baby can get very sick if he drinks from dirty bottles or the formula or milk has been left out too long.

Feeding your baby should be an enjoyable time for both of you. It's a time to touch and hold each other. It's a time for loving and caring.

HUMAN GROWTH AND DEVELOPMENT

Birth

Helpless and Hungry

Handout

Age: 0-3 months

Your baby is just home from the hospital. He is little and helpless. He will probably weigh around 7 pounds. Of course, some babies are even smaller and some babies are larger.

The normal newborn - with no physical problems, can breathe on his own, suck to get milk, wiggle around and cry to show that he is hungry or something hurts him. Other than that he is helpless. He cannot turn over, sit up or even hold his head up for any length of time. He cannot get his food when he's hungry, change his diaper when it's soiled and uncomfortable, or sit up to burp when he has pain because he swallowed air while eating. He can't even tell someone what's wrong with him, because he can't talk. His only means of communicating discomfort is to cry and that's not too satisfactory. Besides all this, he is very little. To help him grow, someone must take care of him and protect him from harm, from rolling off a sofa or falling off a table. He also needs lots of love. As little as he is, he "feels" love. Holding him with love can make him feel better while his body is adjusting to living outside his mother's body. Entering this new environment has been a shock to him, and he needs a lot of help.

The baby now does many things that he didn't have to do before he was born, (e.g., eat, breathe, wear clothes, sleep on a mattress. The first three months of his life are very difficult. The smaller he is, the more often he needs food. It doesn't matter if it is night or day. His body needs lots of food to grow. He will be growing and gaining weight steadily and rapidly during this first year. In fact, he will probably triple his weight. That takes a lot of food.

How does he let the world out there know he needs food? He cries. How often does he need to be fed? It varies - maybe 6-8 times a day including the middle of the night. Sometimes after eating he is fussy because he has a stomach ache. His digestive system has a lot to learn about digesting milk and getting nourishment from it. It takes time for his body to operate smoothly and without some discomfort. His bowels may also give him trouble on occasion.

Helpless and Hungry (Continued)

What do you do for a baby when he is crying? When he cries; feed him, burp him, change his diaper, keep warm (or cool). If he still cries, walk him; rock him; sing to him - he doesn't care if you can't sing or don't know the words. Babies love a gentle rocking rhythm. They "remember" the sensation of being rocked inside their mother. It soothes and comforts them. Rock and cuddle him even when he isn't crying. Don't worry about spoiling him. Babies can't be spoiled during their first six months. If his needs are always taken care of, he learns to trust those around him. He will usually develop into a much more pleasant child than one who was always left to cry as a baby.

The smaller he is the less body fat he has, so he may be cold when you're not. He may need a light blanket around him when you feel comfortable.

By the time he is three months old, he has changed a great deal from the time he was first brought home. He is aware of his surroundings. He is aware of you and other people he sees a lot. By now he is not so "floppy" and can sit up for a little while if propped. He smiles and coos and sucks his fingers. He's fun to watch.

What has not changed is his total dependency on you for all his needs - and they take up a lot of time and are very tiring.

All babies are different. Some are active; some are quiet; some sleep a lot; some sleep less; some are usually content; some have difficulty adjusting to this new world and fuss a lot. They all have needs - food and a comfortable place to sleep and play. They also need love, tenderness, care and attention. You and who ever else takes care of him must provide all of these things. It's a tough job. It's a tiring job. It is not always fun to take care of a baby.

No one can take good care of a baby if they are tired. Everyone needs sleep. A baby may only sleep a few hours at a time. This means your partner has to take care of the baby every few hours - all day and all night. Help her out.

You can:

1. Take over the middle-of-the-night feeding.
2. Take care of your baby in the morning or afternoon.
3. Encourage your partner to get some sleep while you are taking care of your baby.

HUMAN GROWTH AND DEVELOPMENT

Birth

Searching, Sitting and Socializing

Approximate age: 3-9 Months

Your baby, 3 to 9 months, is discovering this world she has come into. There is a lot to see and feel and taste.

She gets stronger every day. At 3 months, she can sit up for a little while with help. By 9 months, she sits unaided and may be crawling or trying to stand up. At sometime during this period, she learns to roll over. If she isn't crawling well, she can usually "slither" around to reach a toy. She is busy.

At 4 months, she flings her arms and kicks her legs for periods of time that make anyone watching tired. She exercises every day. This exercise may seem like she is playing. She is probably enjoying herself, but she is also developing muscles and coordination which she will need before she can pick things up or walk. A baby develops strength from her head down. First, she can pick up her head. Then, when on her stomach, she can pick her head and shoulders up with her arms. Then, she will have enough strength in her legs to crawl. As her legs get stronger, she will be able to stand up if holding onto something. Finally, she will have enough strength and coordination to stand and walk alone.

It will be several years before she has the coordination to kick a soccer ball in the right direction or play softball. But she starts at birth to develop the muscles, strength and coordination necessary.

During this time, she also discovers people. She loves people. This may not be true, however, by the time she is around 8 months old. She may then become very shy and scared of strangers. But, for the third through sixth months, she is usually friendly and happy with people. She will giggle, coo, squeal and really talk to people. She laughs when people talk to her. That is easy to understand. Some people are really funny when they talk to a baby. That's okay. She loves the attention and tries to tell them so by "gabbing back." She tries hard to communicate. She tries to imitate the different sounds she hears. She is trying to talk. Some babies may say Ma-Ma or Da-Da by 8 months. However, many babies do not talk until after their first birthday. All babies learn things at different times.

Baby will try to put everything in her mouth. One reason is that she is teething. It is not unusual for a baby to begin teething at 3 months. Teeth hurt when they are

pushing their way through gums. Chewing on something - anything - sometimes makes it feel better.

Searching, Sitting and Socializing (Continued)

Sometimes it hurts so badly she just cries. A cold teething toy may help. When your baby is cutting teeth, she may be up all night - and all day - crying. Once the teeth cut through the gums, the pain may ease off until she starts to cut another tooth.

Another reason she puts things into her mouth is to explore. The mouth is very sensitive. It can tell if something is smooth or rough, hot or cold, hard or soft. It can also tell what it "tastes" like - sweet, bitter, sour. She learns a lot about things by putting them in her mouth.

Your baby has come a long way in 9 months. But, she is still totally dependent on you and your partner. She still must be fed, changed, dressed and taken about. Besides all these things, she must now be protected so that she doesn't hurt herself. She could roll over and fall off a sofa or put something dangerous in her mouth. She sleeps nights, but the days are busy. Your partner is the most important person in your baby's life - she takes care of her. You are just as important if you help take care of her, too.

Your partner has probably spend a good part of the past 9 months in the house. When she has gone out, she may have had to take the baby with her. As much as she loves and cares for your baby, she needs some time away from the baby. She needs some time for herself away from the house.

You can:

1. Take your partner to a movie.
2. Take care of your baby while your partner goes to a movie, shopping or visiting friends.
3. Make sure that your baby is well taken care of if you and your partner are both out.
4. What else can you do to help during this stage of baby's life?